

## **Christiane Knöß**

### **Certified Psychologist / Psychotherapist**

Formation - The Future Family

Coaching - Wingwave®

Integrative Body-Psychotherapy

NLP - Neuro-Linguistic Programming

Mental Training

Short-term Therapy

Psychological Counseling

Psychodynamic Therapy

Individual, couples, families

Private insurance; self-pay, some compulsory health insurance company pay by reimbursement of expenses under special conditions

Telephone	030 612 78 99	E-mail	<a href="mailto:kontakt@christianeknoess.de">kontakt@christianeknoess.de</a>
Mobile	0163 974 55 82	Website	<a href="http://www.christianeknoess.de">www.christianeknoess.de</a>

The challenges that life offers us so that we grow up with them, can be found in many areas. Friction in the couple relationship that always confronts us with connectivity and commitment issues. Friction at work in a team that teaches us time and again to look at ourselves, to respect ourselves and others. Friction in the family, which shows us connections to people who often do not live anymore, and yet rule our personal destiny.

My experiences show that many people are constantly moving back and forth between extreme sensitivity and extreme blocking. One leaves us unprotected, the other numb. How do I keep my sensitivity and still protect myself in everyday life from the many attacks on my well-being? It is more about how I can let go what assails me or penetrates me, and let it fall off me. Our life is determined by what we resonate with. That means certain situations cause us to feel a certain way, because we have had experiences that are stored in our system. It is most important to figure out what is needed by our system - which is the unity of body, mind and soul - so that we can leave these emotions behind us.

One of my clients has a conflict with a colleague. We clarified that various parts in her resonated with anger, fear and helplessness. Thus we got in touch with themes that accompanied and burdened her already for a long time. The individual personality parts wanted to be taken care of. That means, the inner child wants to be seen and protected. However, it is important that the adult parts are strengthened to take the lead, because the child parts are still too young. That is why we are strengthening the adult parts to keep track, not to lose oversight. With many memories it is enough to erase them. The client can now differentiate better or certain topics don't bother her anymore.

You can always decide anew what needs your attention, if you understand what bothers you, so you can react to stressful situations differently and more adequately.

A very young client (7 years old) had a phase in which he was often very angry. This led to the extent that he injured himself by kicking a nail during a tantrum. We started to work with this topic and I asked him to seek the seat of anger in his body. He found a lot of brown shadows within himself and found out that he had received them from his grandfather. He made a 'package' in his mind where he put all the shadows inside. Then he sent the package with a dove to his grandfather and told him that these were his topics and therefore he shall solve them himself. The memories in his body I erased by eye stimulation of the Wingwave® coaching. His anger was actually gone permanently.

Often problems come not only from the current life, but have already been brought along, for example they were given to you to deal with by your ancestors. They are partly due to old trauma, however, not just our own.

A client came to me who despite many years of therapy finds herself time and again submerged in feelings of powerlessness. She assumes to have been abused as a child. All symptoms indicated it. However, she suffers - as 50% of victims of sexual violence - from amnesia, i.e. she does not remember exactly. We talked about that there are many women and men who have made this destructive experience as a child. In addition to people with tangible experiences of violence, there are also people in whom an energetic experience has been sufficient to cause the same symptoms. Meanwhile, I'll go so far as to say that it is possible a trauma is genetically inherited. This talk was an eye-opening experience for my client. "I can finally explain all these years of doubt." We then found out that also the memories of her grandmother were still alive within her. The grandmother's trauma has now the opportunity to get solved by her. Even if she had to make these experiences as well in her own life, the key for the solution lies in the experience of the grandmother who can find peace through her granddaughter. This topic will therefore no longer play a role in the following generations.

You now have the key to the solution of intergenerational topics in hand.

I offer to accompany you on your personal path to inner peace with my proven combination of bodywork, NLP, shamanic techniques and central formation, and Wingwave® that have emerged in the 25 years of my psychotherapeutic practice.

In all processes I rely on the support of the spiritual world, that what shall happen should happen for the benefit of all beings. Christiane Knöß

*"Man is a soul and has a body. Once he has recognized his true identity, he is no longer at the mercy of Force of Destiny."*  
Paramahansa Yogananda

#### Topics:

Fears, Burnout, Eating Disorders, Abuse, Psychosis, Psychosomatic Medicine, Stress, Addiction, Trauma

#### Treatment:

Family Therapy, Gestalt Therapy, Humanistic Therapy, Reichian Body Psychotherapy, Neurolinguistic Programming, Psychological Counseling, Systemic Therapy – Formation

Psychodynamic Psychotherapy

Trauma Therapy (Adjusted EMDR.) - Wingwave® Coaching

#### Prices:

80,- Euro (up to 50 minutes)

120,- Euro (up to 75 minutes)

140,- Euro (up to 90 minutes)

Each additional 10 minutes 10,- Euro

Future Family \* Future Formation 180,- Euro (90 - 110 minutes)  
per formation, individual or group